



**Joslyn Adult Center - 1301 West Olive Avenue, Burbank - 818.238.5353**

Monday-Friday, 8:00 a.m.-8:00 p.m. and Weekends, 9:00 a.m.-4:00 p.m.

Join Us!

## Joslyn Weekly Activities - Daily

### DAILY

|   |            |  |
|---|------------|--|
| <b>Game Room: Drop-in play</b> - Open hours (please note posted exceptions) |            |  |
| <b>Open Computer Lab</b>  | open hours |  |
| <b>Pool Rooms: Drop-in play</b>   | open hours |  |

### MONDAY-FRIDAY

|                      |              |             |                                       |
|----------------------|--------------|-------------|---------------------------------------|
| <b>Lunch Program</b> | <b>11:15</b> | <b>a.m.</b> | <input checked="" type="checkbox"/> * |
|----------------------|--------------|-------------|---------------------------------------|

### MONDAY

|   |             |             |                                     |
|---|-------------|-------------|-------------------------------------|
| <b>Fitness Class - Kundalini Yoga</b>               | <b>8:30</b> | <b>a.m.</b> |                                     |
| <b>Computer Class Assessments</b> (9:30-11:00 a.m.) | <b>9:30</b> | <b>a.m.</b> |                                     |
| <b>Chess</b>  | <b>1:00</b> | <b>p.m.</b> |                                     |
| <b>Painting Group</b>                               | <b>1:00</b> | <b>p.m.</b> |                                     |
| <b>Writing Your Memories</b>                        | <b>1:00</b> | <b>p.m.</b> | <input checked="" type="checkbox"/> |
| <b>T'ai Chi</b>                                     | <b>1:00</b> | <b>p.m.</b> | +                                   |

### TUESDAY

|  |              |             |                                       |
|--|--------------|-------------|---------------------------------------|
| <b>Resistance Training</b>                             | <b>8:30</b>  | <b>a.m.</b> |                                       |
| <b>Braille Community Center Program</b> (Sep-Jul)      | <b>9:00</b>  | <b>a.m.</b> | <input checked="" type="checkbox"/>   |
| <b>Ballroom Dancing</b> (recorded music)               | <b>9:30</b>  | <b>a.m.</b> |                                       |
| <b>K1, C1 Knitting Group</b>                           | <b>9:30</b>  | <b>a.m.</b> |                                       |
| <b>Karaoke</b>   | <b>12:00</b> | <b>noon</b> |                                       |
| <b>Mah Jongg - intermediate play</b>                   | <b>12:30</b> | <b>p.m.</b> | <input checked="" type="checkbox"/>   |
| <b>Mah Jongg Class - 8 weeks</b> (call for start date) | <b>12:30</b> | <b>p.m.</b> | <input checked="" type="checkbox"/> + |
| <b>Bunco</b> (dice game)                               | <b>1:00</b>  | <b>p.m.</b> |                                       |
| <b>Senior Support Group</b>                            | <b>3:00</b>  | <b>p.m.</b> | <input checked="" type="checkbox"/>   |
| <b>Boot Scootin' Tuesday Line Dance</b>                | <b>6:00</b>  | <b>p.m.</b> | +                                     |

### WEDNESDAY

|  |              |             |                                       |
|--|--------------|-------------|---------------------------------------|
| <b>Fitness Class - Beginners</b>                 | <b>8:30</b>  | <b>a.m.</b> |                                       |
| <b>Texas Hold-em</b>                             | <b>8:30</b>  | <b>a.m.</b> |                                       |
| <b>Sing-a-Long</b> (Nutrition)                   | <b>10:00</b> | <b>a.m.</b> |                                       |
| <b>Auld Lang Syne Bridge</b>                     | <b>11:30</b> | <b>a.m.</b> | <input checked="" type="checkbox"/> + |
| <b>Pinochle</b> (double-deck)                    | <b>12:00</b> | <b>noon</b> | <input checked="" type="checkbox"/>   |
| <b>Wii Wednesdays</b> (Virtual Bowling)          | <b>12:30</b> | <b>p.m.</b> |                                       |
| <b>Ukulele Group/Class</b>                       | <b>3:00</b>  | <b>p.m.</b> |                                       |
| <b>B&amp;B Square Dance Class-Beg</b> (Sep-June) | <b>6:45</b>  | <b>p.m.</b> | +                                     |

### THURSDAY

|  |              |             |                                       |
|--|--------------|-------------|---------------------------------------|
| <b>Mindfulness Meditation</b>                        | <b>8:30</b>  | <b>a.m.</b> |                                       |
| <b>Bridge Class - 16 weeks</b> (call for start date) | <b>9:00</b>  | <b>a.m.</b> | <input checked="" type="checkbox"/> + |
| <b>iPad Class Assessments</b> (9:30-11:00 a.m.)      | <b>9:30</b>  | <b>a.m.</b> |                                       |
| <b>Bowling</b> (at Pinz)                             | <b>9:30</b>  | <b>a.m.</b> | <input checked="" type="checkbox"/> + |
| <b>Crochet/Knitting Class/Group</b>                  | <b>9:30</b>  | <b>a.m.</b> |                                       |
| <b>Hula-Beginners</b>                                | <b>9:45</b>  | <b>a.m.</b> |                                       |
| <b>Hula-Advanced</b>                                 | <b>10:30</b> | <b>a.m.</b> |                                       |
| <b>Duplicate Bridge</b>                              | <b>11:00</b> | <b>a.m.</b> | <input checked="" type="checkbox"/> + |
| <b>Mah Jongg - advanced play</b>                     | <b>12:00</b> | <b>noon</b> | <input checked="" type="checkbox"/>   |
| <b>Pan</b>   | <b>12:15</b> | <b>p.m.</b> | <input checked="" type="checkbox"/>   |
| <b>Bingo for a Buck</b>                              | <b>1:00</b>  | <b>p.m.</b> | +                                     |
| <b>Chess</b>   | <b>1:00</b>  | <b>p.m.</b> |                                       |
| <b>Cribbage</b>                                      | <b>1:00</b>  | <b>p.m.</b> |                                       |
| <b>Fitness-Lite with Nadja</b> (through January)     | <b>2:30</b>  | <b>p.m.</b> |                                       |
| <b>Horseshoes</b>                                    | <b>6:30</b>  | <b>p.m.</b> |                                       |
| <b>Ballroom Dance</b> (live music)                   | <b>7:00</b>  | <b>p.m.</b> | +                                     |

### FRIDAY

|  |              |             |                                       |
|--|--------------|-------------|---------------------------------------|
| <b>Chair Exercise</b>                  | <b>8:30</b>  | <b>a.m.</b> |                                       |
| <b>Texas Hold-em</b>                   | <b>8:30</b>  | <b>a.m.</b> |                                       |
| <b>Friday Bridge</b>                   | <b>11:30</b> | <b>a.m.</b> | <input checked="" type="checkbox"/> + |
| <b>RSVP Sewing/Knitting/Crocheting</b> | <b>12:30</b> | <b>p.m.</b> |                                       |
| <b>T'ai Chi</b>                        | <b>3:00</b>  | <b>p.m.</b> | +                                     |
| <b>Ballroom Dance Class-Beginner</b>   | <b>6:45</b>  | <b>p.m.</b> | +                                     |

### SATURDAY

|  |              |             |   |
|--|--------------|-------------|---|
| <b>Texas Hold-em</b>                     | <b>9:15</b>  | <b>a.m.</b> |   |
| <b>Line Dancing Class-Ultra Beginner</b> | <b>9:15</b>  | <b>a.m.</b> | + |
| <b>Quilting Group</b>                    | <b>9:30</b>  | <b>a.m.</b> |   |
| <b>Balance Class</b>                     | <b>10:00</b> | <b>a.m.</b> | + |
| <b>Line Dancing Class-Beginner Plus</b>  | <b>10:30</b> | <b>a.m.</b> | + |
| <b>Zumba Gold</b>                        | <b>1:30</b>  | <b>p.m.</b> | + |
| <b>Fitness for Life</b>                  | <b>2:30</b>  | <b>p.m.</b> | + |

### SUNDAY

|                                |              |             |   |
|--------------------------------|--------------|-------------|---|
| <b>Table Tennis</b>            | <b>11:00</b> | <b>a.m.</b> |   |
| <b>Matinee Dance</b> (with DJ) | <b>12:30</b> | <b>p.m.</b> | + |

☒ Sign-up/appointment required; \* \$2.00 suggested donation; + Session fee is higher than regular \$2.00 fee (discount with BSAC).



# Joslyn Weekly Activities - Categories

☑ Sign-up/appointment required; \* \$2.00 suggested donation; Session fees are \$2.00 (free with BSAC card); higher if noted with "+" (discount with BSAC).

## Arts/Crafts

|                              |     |       |      |   |
|------------------------------|-----|-------|------|---|
| Crochet/Knitting Class/Group | Thu | 9:30  | a.m. |   |
| K1, C1 Knitting Group        | Tue | 9:30  | a.m. |   |
| Painting Group               | Mon | 1:00  | p.m. |   |
| Quilting Group               | Sat | 9:30  | a.m. |   |
| RSVP Sew/Knit/Crochet Group  | Fri | 12:30 | p.m. |   |
| Writing Your Memories        | Mon | 1:00  | p.m. | ☑ |

## Cards

|   |     |       |      |    |
|---|-----|-------|------|----|
| Auld Lang Syne Bridge                         | Wed | 11:30 | a.m. | ☑+ |
| Bridge Class - 16 weeks (call for start date) | Thu | 9:00  | a.m. | ☑+ |
| Cribbage                                      | Thu | 1:00  | p.m. |    |
| Duplicate Bridge                              | Thu | 11:00 | a.m. | ☑+ |
| Friday Bridge                                 | Fri | 11:30 | a.m. | ☑+ |
| Pan   | Thu | 12:15 | p.m. | ☑  |
| Pinochle (double-deck)                        | Wed | 12:00 | noon | ☑  |
| Texas Hold-em                                 | W/F | 8:30  | a.m. |    |
| Texas Hold-em                                 | Sat | 9:15  | a.m. |    |

## Computers & Technology

|  |                      |            |      |    |
|--|----------------------|------------|------|----|
| Computer Class Assessments (9:30-11:00 a.m.) | Mon                  | 9:30       | a.m. |    |
| iPad Class Assessments (9:30-11:00 a.m.)     | Thu                  | 9:30       | a.m. |    |
| Gadget Workshop                              | Call for appointment |            |      | ☑+ |
| One-on-One Computer Tutoring                 | Call for appointment |            |      | ☑+ |
| Open Computer Lab                            | Daily                | Open hours |      |    |

## Dance

|                                       |     |       |      |   |
|---------------------------------------|-----|-------|------|---|
| Ballroom Dance Class-Beginner         | Fri | 6:45  | p.m. | + |
| Ballroom Dancing (recorded music)     | Tue | 9:30  | a.m. |   |
| Hula-Beginners                        | Thu | 9:45  | a.m. |   |
| Hula-Advanced                         | Thu | 10:30 | a.m. |   |
| Line Dancing Class-Ultra Beginner     | Sat | 9:15  | a.m. | + |
| Line Dancing Class-Beginner Plus      | Sat | 10:30 | a.m. | + |
| Line Dance, Boot Scootin' Tuesday     | Tue | 6:00  | p.m. | + |
| Matinee Dance (with DJ)               | Sun | 12:30 | p.m. | + |
| Ballroom Dance (live music)           | Thu | 7:00  | p.m. | + |
| Square Dance Class-Beg, B&B (Sep-Jun) | Wed | 6:45  | p.m. | + |

## Fitness

|   |     |       |      |   |
|---|-----|-------|------|---|
| Balance Class                             | Sat | 10:00 | a.m. | + |
| Chair Exercise                            | Fri | 8:30  | a.m. |   |
| Fitness Class - Beginners                 | Wed | 8:30  | a.m. |   |
| Fitness Class - Kundalini Yoga            | Mon | 8:30  | a.m. |   |
| Fitness for Life                          | Sat | 2:30  | p.m. | + |
| Fitness-Lite with Nadja (through January) | Thu | 2:30  | p.m. | + |
| Mindfulness Meditation                    | Thu | 8:30  | a.m. |   |
| Resistance Training                       | Tue | 8:30  | a.m. | + |
| T'ai Chi                                  | Mon | 1:00  | p.m. | + |
| T'ai Chi                                  | Fri | 3:00  | p.m. | + |
| Zumba Gold                                | Sat | 1:30  | p.m. | + |

## Information/Support

|  |     |      |      |   |
|--|-----|------|------|---|
| Braille Community Center Program (Sep-Jul) | Tue | 9:00 | a.m. | ☑ |
| Senior Support Group                       | Tue | 3:00 | p.m. | ☑ |

## Music

|                         |     |       |      |  |
|-------------------------|-----|-------|------|--|
| Karaoke                 | Tue | 12:00 | noon |  |
| Sing-a-Long (Nutrition) | Wed | 10:00 | a.m. |  |
| Ukulele Class           | Wed | 3:00  | p.m. |  |

## Nutrition - Lunch Program

|  |     |       |      |    |
|--|-----|-------|------|----|
|  | M-F | 11:15 | a.m. | ☑* |
|--|-----|-------|------|----|

## Recreation/Games

|   |   |            |      |    |
|---|---|------------|------|----|
| Bingo for a Buck                              | Thu                                     | 1:00       | p.m. | +  |
| Bowling (at Pinz)                             | Thu                                     | 9:30       | a.m. | ☑+ |
| Bunco (dice game)                             | Tue                                     | 1:00       | p.m. |    |
| Chess   | M&Th                                    | 1:00       | p.m. |    |
| Game Room: Drop-in play                       | Daily (except Tue/Thu, 9:00-11:15 a.m.) |            |      |    |
| Horseshoes                                    | Thu                                     | 6:30       | p.m. |    |
| Mah Jongg - intermediate play                 | Tue                                     | 12:30      | p.m. | ☑  |
| Mah Jongg Class - 8 wks (call for start date) | Tue                                     | 12:30      | p.m. | ☑+ |
| Mah Jongg - advanced play                     | Thu                                     | 12:00      | noon | ☑  |
| Pool Rooms: Drop-in play                      | Daily                                   | Open hours |      |    |
| Table Tennis                                  | Sun                                     | 11:00      | a.m. |    |
| Wii Wednesdays (Virtual Bowling)              | Wed                                     | 12:30      | p.m. |    |

See the "Best of Times" and our monthly calendar for more activities

January 2014]